## INFANT FEEDING.

The effects of wrong feeding in adult life, including those of alcohol-lam and other forms of intemperance, are undoubtedly hereditary whether the habits of alcoholism, tobacco and uppatural esting are transmissible or not. We know that the vitality of the infant is determined by the vitality of the parents-though not altogether by the average vitality—and the powers of nutrition are the fundamental powers transmitted to offspring.

We may not always be able to trace family history in eyes and lungs, but we can always find it in stomuch and

The food of the young dog, horse, cow, ape and human, in common with all other mamralia, is milk. The natural food of the mature dog is flesh; that of the others is vegetable. The digestive systems of the ape and man resemble, slightly, that of the dog; not, I think, as some argue, because their natural food is largely flesh, but because nuts closely resemble flesh, chemically. The gorilla has "canine" toeth, but it is a strict vegetarian. The boar's "canine" teeth are his means of detense.

Albamen, the chief countleant of fiesh, is digested chiefly in the stomach by the action of the gastric fluid Accordingly, the intentine of the dog is short in proportion, the stomach being 60 per cent, of the entire digestive tract. The cow's stomach is very complicated; she has, in fact, four stom-This is because her natural food requires much dilution with saliva and rumination before it can be passed on to the intestine not that roteid is the chief element of the cow's food, as in the dog.

Now the atomach of the cow plays much more important part, relatively to the intestinal digestion, than in man. Cow's milk is, chemically and mechanically, adapted to this physic logical difference. It does not as soon break up into small curds, and is, therefore, retained longer in the calf's #tomach. This peculiarity partly explains the difficulty of digesting cow's milk and should be considered in any attempt to modify cow's milk so as to adapt it to infant feeding.

We know that the health of the infant, its nervous modds, its physical health and temper in general, are influenced by those of the mother, through the food. This slone would inthe impossibility of perfect adaptation of cow's milk to infant feeding. At best it is unnatural, but as it is in many cases necessary, part ly or entirely, we must make the most of it. An imperfectly nourished child is more liable to diseases of childbood and survives with greater difficulty. Food is not, of course, the only requirement for health, but it is fundamental.

In cases in which cow's milk must used, care should be taken to see that the cow is healthy, unless herd milk is used, that no preservative is used, that the bottles and other vessels with which it comes in contact are washed well with boiling water, never with river or cistern water, that It is not unnecessarily exposed to dust baruyard contamination, for milk absorbs bacteria as a sponge absorbs water and they develop very rapidly. The feeding bottle should be thorough ly washed in boiling water after and before using. It is best to have two

solution of common baking sods. Cow's milk can not be made identical with the infant's natural food; but it can be approximated to it. The chief difficulty to be overcome is to modify the large curds of cow's milk that tend to remain in the stomach longer than they should, as the development of the calf's stomach requires that its food shall have a much seavier curd than that required by the infant, in which intestinal digestion is more important. The use of lactic tablets, as explained in my last article, entirely obvistes this difficulty besides overcoming other objections

To reduce the proportion of the elements in cow's milk to approximately the standard of human milk, pour off about half of the fat that settles to the top of the bottle; add as much watablespoonful of sugar. Milk sugar is to be preferred to cane sugar, always The addition of a lit tie lime water is, in many cases, bese

As a rule infants, like adults, an overfed. No doubt one of the reafreedom from disease of wild animals is the fact that the young are less likely to be overfed, as every natural int knows. An infant probably would starve in one-tenth the time that an adult can subsist without food, but too often and too much comes a habit with the infant as with the adult. An infant may cry for food when it is food drunk; what it may need is water. And children cry for other reasons than because they are hungry. Stopping an infant's cry con-tinually with food is easy but unwise. Nature provides an extremely light diet for the first few days of infancy Let us not supersede her methel till

Once every two hours is often third hour thereafter. If there is a real demand between the periods, sweetened water should be given (distilled or botted water and milk sugar). Constant overfeeding causes an abnormal appetite, as in the adult, that is never satisfied.

No definite rule can be laid down as to the amount required. The best that has been suggested is, an ounce for each month, beginning with two ounces, increasing to eight ounces at eight months, after which full milk will be used. Moderate, judicious exercise now becomes important. A child needs exercise before it walk. The freer its opportunities for movement the better.

The infant digestive system is not adapted to cereal food, always a cause of more or less digestive difficulty and expenditure of vitality, even in adult. Under no circumstances should white bread, moistened with tea, coffee, milk or gravy be given to an infarit

There are many infant foods on the market, composed of cereals or of cereals with milk, malted. In cases of milk poisoning or of serious digestive resulting from unbalanced feeding, due to the inadaptability of cow's milk, something must be substituted for the milk, but it does not follow that because a child improves on the substitution of one of these prepared cerezia it is better as a permanent diet. It is also well to keep in mind that a child is not healthy merely because it is fat. It may be falling to develop the digestive system normally. It may become so "flabby" that it will fall a prey flabby" to disease when the fatty degeneration has reached his limit and the conditions are favorable for disease.

The common practice, when cow's milk disagrees is to adent the milk of mixing it with ontmeal or bariey water. This cereal tends to break up the coarse card of cow's milk, but it is in itself unsultable, though the remedy is better than the disease; the prepared foods are better as the ereal in them is malted,

Coreal foods are digested with difbe given freely to children. Coarne brend, never less than two days old, is preferable to fine white brend which a child should never be given

quantity of polyerized fresh peanut miny be taken, at noon, in water, form-ing a peanut cream, and the amount very gradually increased till at two it forms half the diet. A small piece of zwiebach may now be added to the evening meal and very gradually increased till it becomes one-half, by weight, of the evening meal, when both should be continued.

At three, the regular diet of childhood should be fully established. At seven in the morning a drink of water with lemon julce and only enough augar to make it acceptable; at eight, apple, cantaloupe, ripe banana or oth-or fruit, nothing cise, unless water is called for. At ten as much artificial buttermlik as can be taken; at noon a slice or more of whole wheat or combination cereal bread with pulverized peanut. If the child is really hungry and healthy he will cut this.

At three give the modified milk At six zwiebach with honey or, if preferred, prunes only. Give water as often as called for between meals, but nothing else.

Let the solicitous parent be fully assured that this diet will develop the highest qualities of body and mind and that sickness will be avoided, if the child is properly sired, watered, exercised and amused and protected from stagnated, foul air, had water and sudden changes of temperature

or too much clothing in warm weather. mals, always free from tuberculosis. Its milk is in every respect superior cow's as a substitute in infant feeding, and it ought to be adopted for general use, there being no reasonable objection but lack of knowledge of the facts.

It is a poor goat that will not give from one to four quarts of milk a day, and it costs no more to feed than a dog, where there is a fair-sized back

Tests show that goat's milk approximates to the natural infant's food more closely than does cow's mlik. Digestive tests indicate it to be three times more digestible, the curds being much finer and the fat far more noluble.

Absolute cleanliness and freedom from disease is, however, the chief recommendation of goat's milk.

"Go to the hills and drink goat's milk," was the prescription of Hippocrates, the father of medicine, for tuberculosis. We are making the search for a cure for "the great white plague" a serious matter, as it should be, but the true cure is at least fully suggested in the method of the Greek physician.

Dr. Koch, the eminent discoverer of the tuberculosis germ, says the bovine and the human germ are not the same. However this may be, milk from a tuberculous animal is unwhole some; it may furnish a medium for is on record in which a farmer, prohibited from selling the milk of an infected berd, fed it to his hoge and

they were infected. Now comparative anatomy and physiology and evolution attest that the nutritive system of the pig close

'y resembles man's. It is chiefly because of the superio healthfuinese, in general, of the goat and its immunity from tuberculosis in particular, that I have advocated th substitution of goat's for cows mill THOUGHT CAME IN TIME.

Or Generous Friend of Hospital Might Have Been Offended.

Lakeride hospital is probably Sam-

uel Mather's chiefest hobby.

If there is a deficit in the hospital finances at the end of the year Mr. Mather is usually cally too happy to write out a check that will more than make it up.

This has gone on from year to year until whenever anything is broken or damaged about the place the nurses and other employes look upon the loss as just that much out of Mr. Mather's generous pocket. If a nurse drops a saucer she will smile and remark: "Poor Samuel!" Among many of the nurses the remark is almost a byword whenever anything goes wrong.

Not long ago, so runs the story, Mr. Mather was at the hospital visiting a member of his family who was He was unfortunate enough to lean against a rase of flowers on a table. The vase fell to the floor and broke.

Two nurses were standing by. They exchanged glances and one of them mused absent-mindedly "Poor Sa-" And then she happened to think .-Cleveland Plain Dealer.

DREADFUL DANDRUFF.

Girl's Head Encrusted-Feared Loss of All Her Hair-Baby Had Milk-Crust - Missionary's Wife Made

Two Perfect Cures by Cuticura.

"For several years my husband was a missionary in the Southwest. Every one in that high and dry atmosphere has more or less trouble with dandruff and my daughter's scalp became so encrusted with it that I was alarmed for fear she would lose all her hair. After trying various remedles, in desperation I bought a cake of Cutleura Soap and a box of Cutlcars Ointment. They left the scale beautifully clean and free from dandroff, and I am happy to say that the Cutieura Remedies were a complete success. I have also used successfully the Cuticura Remedies for so-called 'milk-crust' on buby's head. Cuticura is a blessing. Mrs. J. A. Darling, 310 Fifth St., Carthage, Ohio, Jan. 20, 1908

Patter Brug & Chem. Corp., Solv Props., Boston.



Don't be alarmed. Miss Hash, this microscope is merely to enable me to we what I'm eating!

Deafness Cannot Be Cured

by result applications, as they cannot reach the dis-sacet, correspond the set. There is easy one way to make the control of the set. There is easy one way to control confinement and the set of the control of the control confinement and the set of the control of the train is inflatined the fourthcolour Tutte. Where the train is inflatined yets have a runnishing secured or im-perfect bearing, and where it is entirely dissent. Despitates is the result, and unions the inflatination can be absent out and ship title restored to its normal condi-tion. Describe will be destroyed forever nine cases out of ten are cannot by Catarry, which is notifing but as inflatined condition of the inscore surfaces. We will give this planted to the inscore surfaces. We will give this planted Dollars for any mass of Describes trained by material that cannot be cured by Italia Catarry Cure. Sect. need by Irrusques. He. Take Hall's Family Print for constitution.

His Idea. Mrs. Crimsophenk-I see for use on rural delivery routes a letter box has an electric attachment which gives the alarm in the house some distance away when mail matter has been deposited within by the carrier. Mr. Crimsonbeak-Seems to me it be more valuable if it only gave

an alarm when a bill was deposited in the box. Hon. Emil Kiang, Vienna, Aus., one of he world's greatest horsemen, has written the manufacturers. "SPOHN'S DIS-

the world's greatest horsenen, has written to the manufacturers: "SPOHN'S DISTEMPER COMPOUND has become the statistic freezes in the best statists of Europe. This medicine relieves Horses of great suffering and saves much money for the owner. See and 81 a bottle. All drugnate. SPOHN MEDICAL CO., Goshen, ind.

Too Skeptical for Fairies.

The modern child believes in fairles probably no more than he does in Sar ta Claus. The next generation will most likely dispense with children's books altogether. And yet, it is said, and no doubt truly, that there was never an age when so much literature for children's use was written.-La dies' Field.

Examine carefully every bottle of CASTORIA a safe and sure remedy for infants and children, and see that it

Bears the
Signature of Carly Flitting
In Use For Over 30 Years.
The Kind You Have Always Bought.

His Explanation

"What does you reckon dey means by sayin': 'Last of all come Satan?' "Hit means dat he waits 'twel all de crowd is in an' den whirls in an' nabs de whole business!"—Exchange.

Reading furnishes the mind only with materials of knowledge; it is thinking makes what we read ours. Locke.

PATIENT SUFFERING.

Women Think They Are comed to Backache.

It is not right for women to be always ailing with backache, urinary ills, headache and other symptoms of kidney disease. There is a way to end these troubles quickly. Mrs. John H. Wrght, 606 East First St., Mitchell, S. Laays: "I suffered ten

years with kidney com-plaint and a doctor told me I would never get more than temporary relief. A dragging pain and lameness in my back almost disabled me. Dizzy spells came and went and the kidney secretions were trregular. Doan's Kidney Pills rid me of these troubles and I feel better than for years past."

Sold by all dealers. 50c a box. Foster-Milburn Co., Buffalo, N. Y.

HONOR TO CALL HIM FRIEND. Medical Practitioner Ranks High in Scale of Humanity.

To know a medical practitioner is to know one who is superior to the average educated man. Few profesperhaps no other, develop so glons, much of character. The occupation of heating and the necessity of beholding men and women and children at their worst, irritable, unreasoning, and often cowardly, has not, fortunately, caused his own degeneration. His capacity for thoughtfulness is trained to keenness, his selfishness, where there is any, is shrewdly hidden, and the human instinct for enjoyment is none the less in him because of his knowledge of its reactions.

That the doctor's expectation of life is short is the natural result of his following a calling that makes unnatural demands. Only the more fortunate specialists have time that they can call their own. The doctor's work is always exacting, often discouraging, and invariably draws without mercy on his nervous energy.-Hinghamton

ACCOMMODATING.



Doctor (to man who has fallen)-You need a strong punch of some kind. Mr. Flynn (an old enemy)-Let me

Prince Rupert's Drops.

Prince Rupert's drops are drops of molten giass, consolidated by falling Their form is that of a tadpole. The thick end may be hammered pretty smartly without its break ing, but if the smallest portion of the thin end is nipped off the whole flies into fine dust with explosive violence. These toys, if not invented by Prince Rupert, were introduced by him into

A Rare Change.

A Boston woman save she can't live with her husband because he is too good.

And the wicked bromide user will probably suggest that he is too good to be true.-Cleveland Plain Dealer.

Garfield Tea, the Herb Laxative, agree-ably stimulates the liver, corrects constipa-tion and relieves a clogged system. Write for samples. Garfield Tea Co., Brooklyn, N. Y.

Thy yesterday is thy past; thy today is thy future; thy to-morrow is et.-Wycliffe

PILES CURED IN 6 TO 14 DAYS. PAZO OINTMENT is guaranteed to cure any case of Reiner. Elind, Bleeding or Proruding Plies in to 14 days or money refunded. Mc.

I long to hand a full cup of happiness to every human being .- Dr. Pay-SOD.

Lewis Single Binder straight 5e eigar. Made of extra quality tobacco. Your Made of extra quality tobacco. ) dealer or Lewis' Factory, Peoria, Ill.

A sensible man is one who knows when to let go before taking hold.

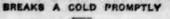
Allen's Foot-Ease, a Powder Fotsweller, sweating feet Gives Instant cellef. The original powder for the feet. He at all Druggina

Better one discreet enemy than two indiscreet friends.

ONLY ONE "BROMO QUININE"
That is LAXATIVE RIGONO QUININE. Look for
the signature of E. W. GROVE. Used the World
over to Core a Cold in One Lay. Se.

One woman can be awfully fond of another—if they are a hundred miles

Lewis' Single Binder cigar—richest, most satisfying smoke on the market. Your dealer or Lewis' Factory, Peoria, Ill.



The following formula is

failing remedy for colds: One ounce of Compound Syrup of Sarsaparilla, one ounce Toris Compound and one-half pint of good whiskey, mix and shake thoroughly each time and use in doses of a table spoonful every four hours.

This if followed up will cure an acute cold in 24 hours. The ingre-

dients can be gotten at any drug store. Too Strong for Daddy.

It was raining outside, and little interrogative Irms was in one of her worst, or at least most trying, moods Father, busily writing at his deak had already reproved her several times for bothering him with useless questions.

"I say, pa, what-"Ask your mother."

"Honest, pa, this len't a silly one this time."

"All right, this once. What is it?" "Well, if the end of the world was to come, and the earth was destroyed while a man was up in an airship, where would be land when he came down?"-Everybody's.

yrups ies Clixirs Senna

Cleanses the System Effectually: Dispels colds and Headaches due to Constipation; Acts naturally, acts truly as a Laxative.

Best for Men. Women and Child ren-Young and Old. To get it's beneficial effects. always buy the Genuine,

> CALIFORNIA FIG SYRUP CO.

SOLD BY ALL LEADING DRUGGISTS one size only, regular price 50° per bottle.

Unswer This Question

When shown positive and reliable proof that a certain remedy had cured numerous cases of female ills, wouldn't any sensible woman conclude that the same remedy would also benefit her if suffering with the same trouble?

Here are two letters which prove the efficiency of Lydia E. Pinkham's Vegetable Compound.

Red Banks, Miss. - "Words are inadequate to express what Lydia E. Pinkham's Vegetable Compound has done for me. I suffered from a female disease and weakness which the doctors said was caused by a fibroid tumor, and I commenced to think there was no help for me. Lydia E. Pinkham's Vegetable Compound made me a well woman after all other means had failed. My friends are all asking what has helped me so much, and I gladly recommend Lydia E. Pinkham's Vegetable Compound."-Mrs. Willie Edwards.

Hampstead, Maryland.—" Before taking Lydia E. Pinkham's Vegetable Compound I was weak and nervous, and could not be on my feet half a day without suffering. The doctors told me I never would be well without an operation, but Lydia E. Finkham's Vegetable Compound has done more for me than all the doctors, and I hope this valuable medicine may come into the hands of many more suffering women."—Mrs. Joseph H. Dandy.

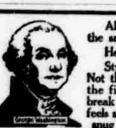
We will pay a handsome reward to any person who will prove to us that these letters are not genuine and truthful or that either of these women were paid in any way for their testimonials, or that the letters are published without their permission, or that the original letter from each did not come to us entirely unsolicited.

What more proof can any one ask?

For 30 years Lydia E. Pinkhap's Vegetable Compound has been the standard remedy for female ills. No sick woman does justice to herself who will not try this famous medicine. Made exclusively from roots and herbs, and has thousands of cures to its credit.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health free of charge. Address Mrs. Pinkham, Lynn, Mass.





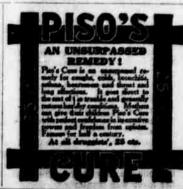
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Not the ordinary binding fit. Not
the fit that takes three weeks to
break in. But the graceful fit that
feels snug the first time. And stays
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on receipt of ic to cover postage, we will mail to those sending a certifically a shoot dealer, showing the purchase of a pair of "White House" shoen, a o volumes of the "WHITE BOISE RISTORT." Of will send for Me, with out certific THE BROWN SHOE CO. :: St. Louis, Mo.

What a splendid thing it would be if people who lose their tempers were unable to find them again!

Cleaning upsets a house almost as



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You Look Prematurely (